



Trauma Response and the Criminal Justice System: A Virtual Summit on Knowledge, Healing, and Resilience

Resilience After Trauma: Understanding Key Factors That Promote Thriving After Adversity - Dr. Sherry Hamby, Ph.D.

When people dream of the future, they do not dream about avoiding depression or minimizing pain. People dream about seeking and achieving joy, love, and meaning. After many years of focusing on victimization, risks, deficits, and symptoms, health and social services are finally starting to address the ways that individual, family, and community strengths help people overcome family violence and other adversities. Using a new concept called "resilience portfolios," Dr. Hamby will use multiple mixed method datasets involving in-depth interviews, focus groups, and surveys to identify key strengths that promote thriving after adversity. Dr. Hamby will focus on ways that psychologists and other practitioners can assess and promote key strengths for facilitating resilience after trauma

Presenter: Sherry Hamby, Ph.D

Sherry Hamby, Ph.D. is Director of the Life Paths Research Center (LPRC) and Founder of ResilienceCon. She is also Research Professor of Psychology at the University of the South. A licensed clinical psychologist, Dr. Hamby has worked for more than 20 years on the problem of violence, including front-line crisis intervention and treatment, involvement in grassroots organizations, and research leading to the publication of more than 200 articles and books. She is best known for her work on poly-victimization, measuring violence, and resilience. Her awards include the 2017 Award for Outstanding Contribution to the Science of Trauma Psychology from the American Psychological Association. She and her colleagues conducted the first nationally representative study of poly-victimization, the first reservation-based study of domestic violence, and largest psychological study ever conducted in rural Appalachia. Her safety plan for victims of domestic violence, the VIGOR, has been endorsed by numerous national, state, and local agencies. She was founding editor (2010-2018) of the APA journal *Psychology of Violence* (Q1 in Family Studies and Criminology).

Her research has been funded by the U.S. Department of Justice, the Digital Trust Foundation, and numerous other agencies. Dr. Hamby is the author of *Battered Women's Protective Strategies: Stronger Than You Know* (Oxford, 2014) and *The Web of Violence* (with John Grych; Springer, 2013), both of which have been influential works in the field. She has served on several national research advisory boards, including the Board of Scientific Counselors for the National Center for Injury Prevention and Control at the CDC. She completed her Ph.D. in Clinical Psychology at the University of North Carolina at Chapel Hill. Her work has appeared in the *New York Times*, *CBS News*, *Huffington Post*, *Los Angeles Times*, *the Atlantic*, *Time*, *Forbes*, *Slate*, *The Guardian*, *CTV News*, *Wisconsin Public Radio*, and hundreds of other media outlets.